

Virtual Winter Healthy Relationship Series 2023

***15 participants maximum registered for each class



Building Meaningful Relationships Healthy vs. Unhealthy Relationships Your Body, Your Choice: Consent 101

In these **virtual** classes, we will learn about different types of relationships, how to make friends, and how to stay safe online. Healthy vs. Unhealthy behaviors will be discussed along with different types of communication and how to resolve arguments. In the last session, we will discuss consent and boundaries and how to tell when someone gives consent or not. We will also discuss how and why relationships end and how to deal with some of those feelings.

The three classes are:

1. Recognizing healthy or unhealthy relationships
2. Fighting fair and safely
3. Evaluating your relationship.



Virtual 2023 Winter Session Dates

BUILDING MEANINGFUL RELATIONSHIPS—1/10, 1/12, 1/17

(MAKEUP CLASS: 1/19 - 4 - 5:30 PM)

HEALTHY VS. UNHEALTHY RELATIONSHIPS—1/24, 1/26, 1/31

(MAKEUP CLASS: 2/2 — 4 - 5:30 PM)

YOUR BODY, YOUR CHOICE CONSENT BASICS—2/7, 2/9, 2/14

(MAKEUP CLASS: 2/16 — 4 - 5:30 PM)

Please complete the Referral Form to register:

https://forms.office.com/Pages/ResponsePage.aspx?id=-nyLEd2juUiwJjH_abtzi9fvBM7dHt5KmIRHuDwEa11UQIJLTVJBWkw1V1IJSzRYSVFUMkVBMFRNRy4u

For questions or concerns, contact Kim at Kimberly.Butts@ct.gov, or by cell, 860-942-6948